

#189 A Letter of Gratitude for Solitude at Church

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Dear Church,

In the stillness of your sacred walls I've found moments of solitude that have taught me the power of quiet reflection and inner joy. Most of the time as I sat alone in the pew, tears poured from my eyes emotions that only the peaceful embrace of this place could stir. Yet even in that moment of vulnerability I felt a sense of connection not just to God but to myself.

Singing alone in your peaceful space my voice echoed through the parked car filling the silence with a song of hope. It was a reminder that even in solitude joy can be found. There is a unique beauty in being alone with my thoughts here where I can fully embrace my feelings without fear or judgment.

I am deeply grateful for these moments of solitude in your presence where I have found comfort, strength and the ability to be truly myself. Thank you for being a place where I can be vulnerable yet at peace discovering joy even in silence.

“Sometimes, in the silence of solitude, we find the deepest connection to ourselves and the greatest joy.”

With heartfelt thanks,
Shalo